

EX500/50 POUND ADD ON KIT INSTRUCTIONS CONTINUED.

10. Insert (4) NEW 3/8in. diameter GUIDE ROD INSULATORS (2 per Guide Rod) onto the Guide Rod. Position guide rods in FRONT of the guide rod bracket on the TOP BOOM SECTION. Insert the following hardware that was removed in step #5:
- (2) 3/8in x 2in HEX HEAD BOLTS
  - (4) 3/8in WASHERS
  - (2) 3/8in LOCK WASHERS
  - (2) 3/8in NUTS

Slide the HEAD PLATE ASSEMBLY up to top of guide rods to position guide rods properly. Once guide rods are in position, tighten hardware properly to hold in place. (SEE DETAIL "E")

**CAUTION: DO NOT OVER TIGHTEN GUIDE RODS TO THE FRONT SIDE OF THE TOP BOOM SECTION. OVER TIGHTENING MAY CAUSE THE GUIDE RODS TO "ROLL", CREATING A BINDING EFFECT ON THE HEAD PLATE, THUS GIVING POOR HEAD PLATE TRAVEL PERFORMANCE.**

11. Remove existing WEIGHT STACK LABELS (#1 - #20) and replace with # 1 - # 25 with #25 on bottom plate. (see detail "F")
12. To route replacement PRIMARY CABLE, (RED and BLUE TAPE), follow the configuration shown in the cable routing diagram.
13. To attach the Primary Cable to the HEAD PLATE ASSEMBLY, thread the stud into the Weight Stack Shaft & tighten completely.
14. Attach the NEW SOLID LAT BAR to the replacement Primary Cable Assembly, using a QUICK LINK.

**!!! WARNING !!!**

BE SURE TO FULLY ENGAGE ALL THREADS ON THE QUICK LINK WHEN ATTACHING THE LAT BAR, LOW ROW BAR, ANKLE STRAP, OR TRICEP STRAP, TO INSURE A STRONG AND SAFE CONNECTION (SEE DETAIL "M").

**!!! WARNING !!!**

DO NOT OPERATE THIS MACHINE WITH LAT BAR OFF SAFETY HOOKS EXCEPT DURING HIGH PULLEY EXERCISES. ALSO, LAT BAR IS NOT TO BE USED FOR FULL-UPS.

**!!! ATTENTION—USER INSTRUCTION !!!**

BEFORE DOING ANY EXERCISES, BE SURE THAT THE CABLES ARE TAUT BY:  
1.) ADJUSTING THE ADJUSTABLE PRESTRETCH SLIDE DOWN THE ADJUSTABLE PRESTRETCH SUPPORT AND, 2.) ADJUSTING THE PRESS ARM ADJUSTER SCREW OUT AGAINST THE PRESS ARM. THESE TWO ADJUSTMENTS SHOULD BE MADE AS FAR OUT AS NEEDED IN ORDER TO PROVIDE SUFFICIENT CABLE TIGHTNESS DURING MACHINE USE.

PARABODY INC.



EX500/50 POUND ADD ON KIT  
PBF506

PRODUCT ASSEMBLY  
INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY:

- \* 9/16 INCH SOCKET
- \* 5/32 INCH HEX KEY
- \* ADJUSTABLE WRENCH

PART NUMBER: PB3016-0001  
REVISION: C

If you experience any problems with the assembly of this product, please contact your dealer or your PARABODY Customer Service representative at:

1-800-328-9714  
1-800-320-5114.

PBF506 EX500 ASSEMBLY PARTS LIST

SOFT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

| ITEM | NAME/DESCRIPTION              | QTY     |
|------|-------------------------------|---------|
| 1    | 250 POUND SELECTOR SHAFT      | 1       |
| 2    | CABLE (RED and BLUE TAPE)     | 1       |
| 3    | WEIGHT PLATES                 | 5       |
| 4    | WEIGHT PLATE DECALS (#1-#25)  | 1 Sheet |
| 5    | 3/8 Inch GUIDE ROD INSULATORS | 4       |
| 6    | WEIGHT PLATE BUSHINGS         | 10      |
| 7    | FOAM GRIPS                    | 2       |
| 8    | SOLID LAT BAR                 | 1       |

EX500/50 POUND ADD ON KIT

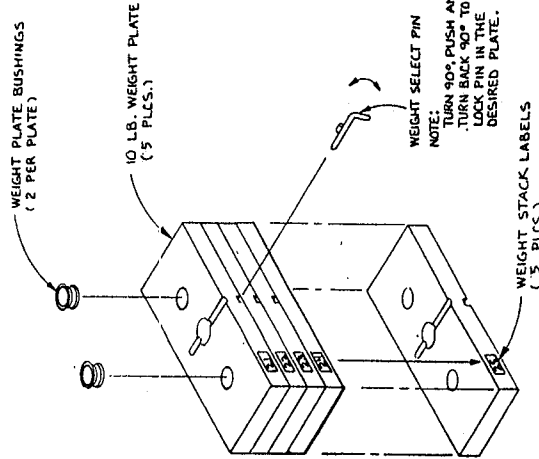
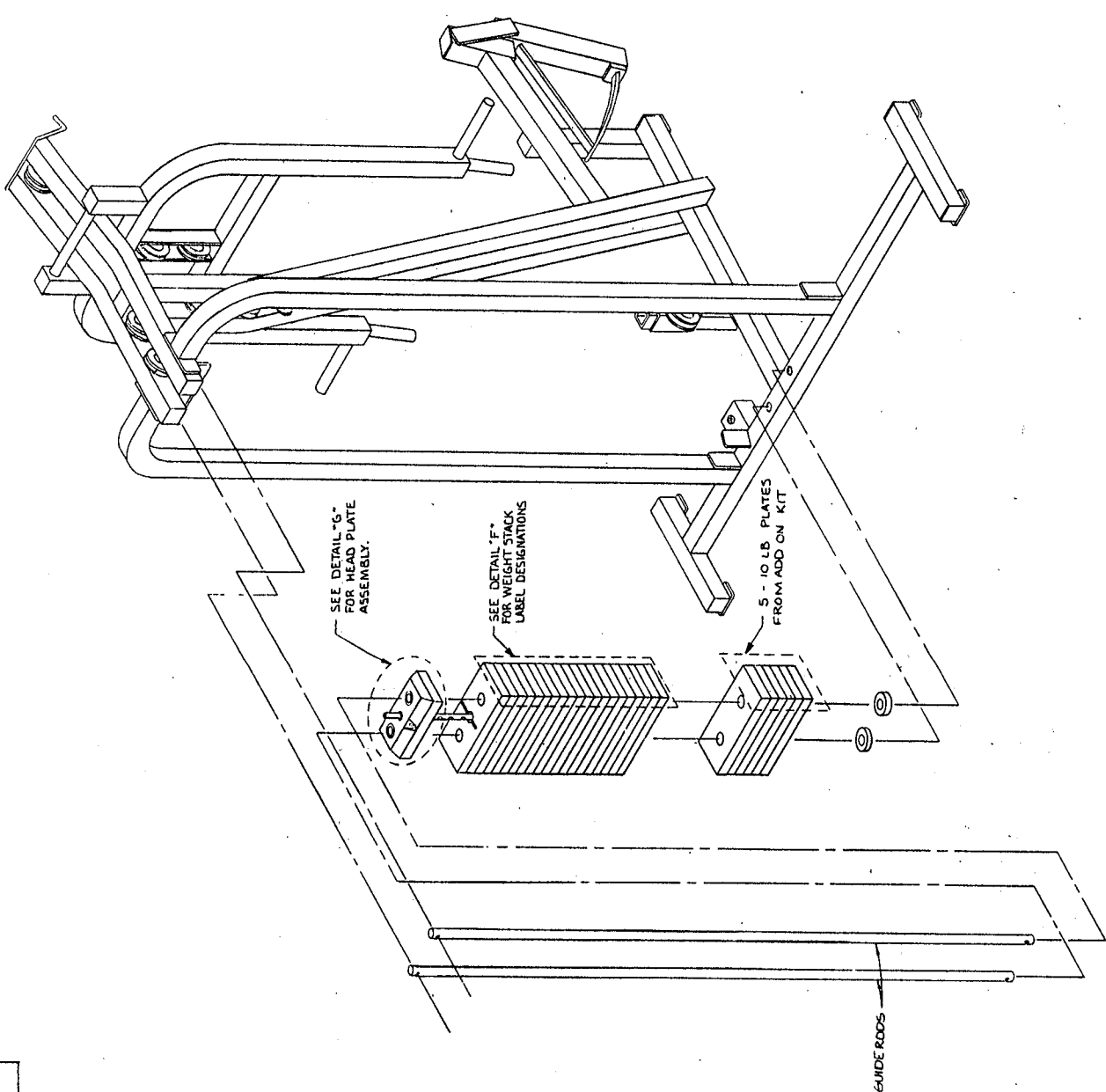
THE INSTRUCTIONS FOR THIS ASSEMBLY ARE TO BE USED WITH DRAWING SHEET #1

**IMPORTANT:**

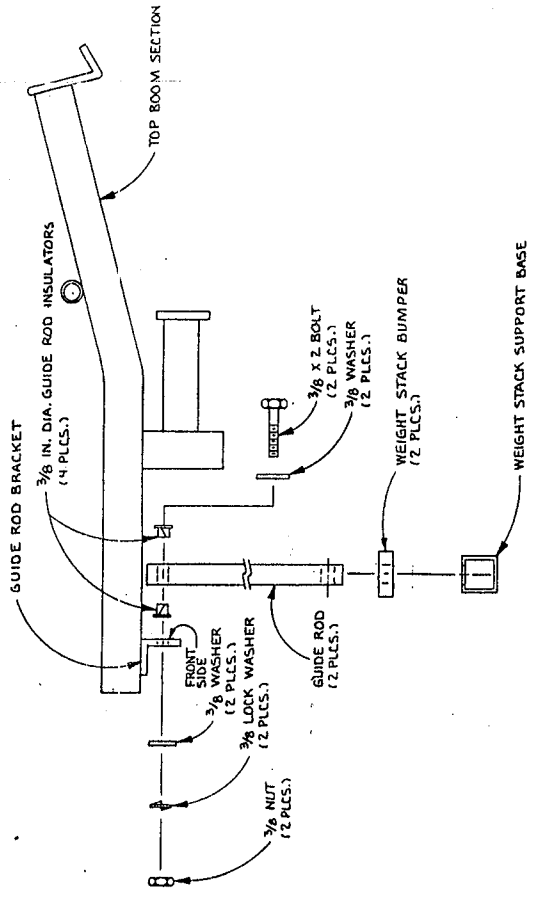
\* THE BODY WITH EX500 ADD ON KIT MUST BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.  
 \* PARABODY, INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY !!

TO ADD (5) 10 POUND PLATES TO THE EXISTING EX-500 200 POUND WEIGHT STACK, FOLLOW THESE STEPS:

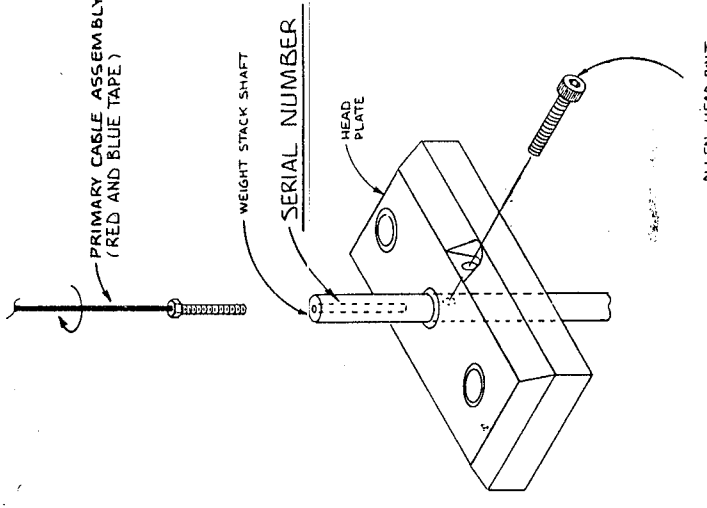
1. Remove WEIGHT SELECT PIN and set aside for use later.
2. Remove LAT BAR by loosening QUICK DISCONNECT LINK. Discard LAT BAR!
3. Remove existing PRIMARY CABLE from WEIGHT STACK SHAFT.
4. Loosen & remove the following from guide rods (see detail E).
  - (2) 3/8in. x 2in. BOLTS
  - (4) 3/8in. WASHERS
  - (2) 3/8in. LOCK WASHERS
  - (2) 3/8in. NUTS
  - (4) 3/8in. GUIDE ROD INSULATORS
5. Tilt GUIDE RODS backwards & remove the HEAD PLATE ASSEMBLY.
6. Finger press (2) WEIGHT PLATE BUSHINGS into each of the (5) WEIGHT PLATES. (10 bushings total, see detail "F")
7. USING EXTREME CARE, slide each of the five (5) WEIGHT PLATES down over the GUIDE RODS onto the existing 200 lbs WEIGHT STACK.
8. Loosen the (1) 3/8in. x 1-3/4in. ALLEN HEAD BOLT, on the head plate assembly & re-place WEIGHT STACK SHAFT with LONGER SHAFT. Tighten (1) 3/8in. x 1-3/4in. ALLEN HEAD BOLT.
9. Slide HEAD PLATE ASSEMBLY down over guide rods onto WEIGHT STACK. (250 LBS)



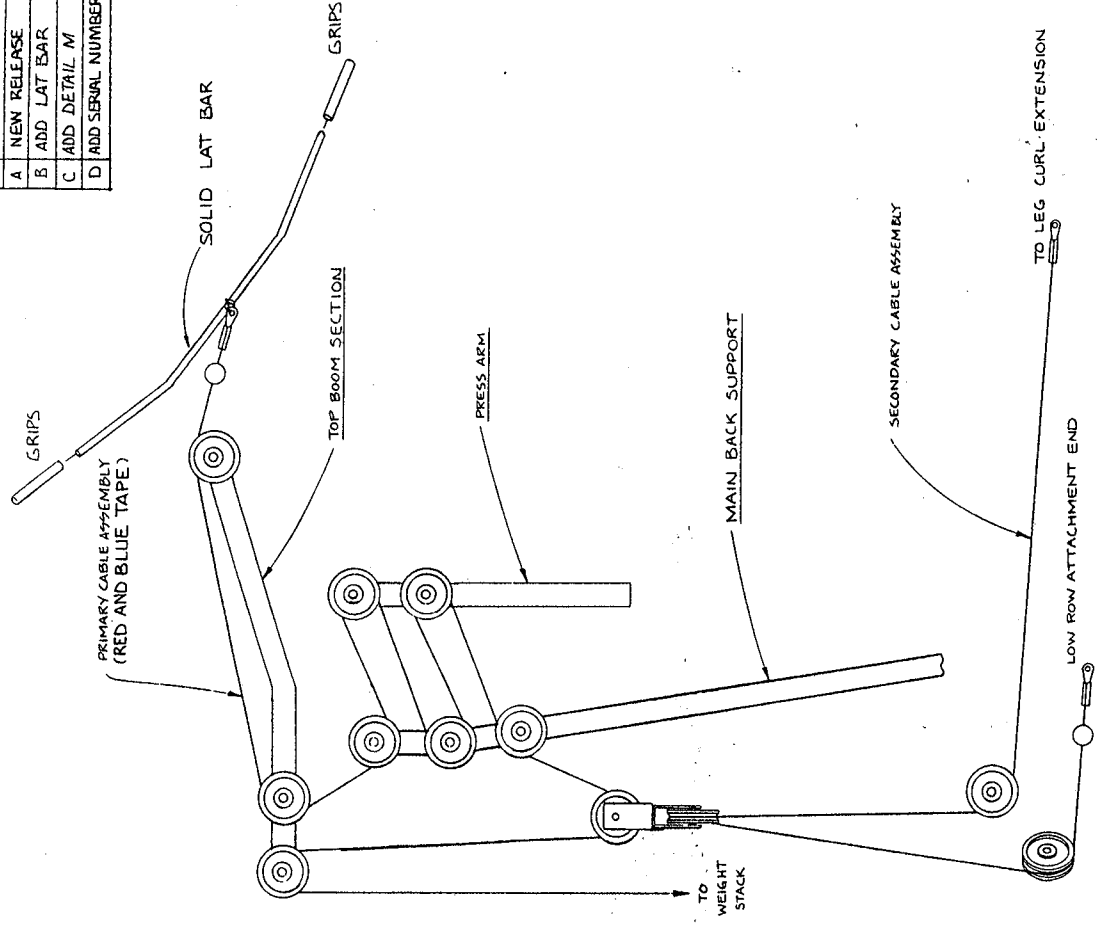
DETAIL "F"



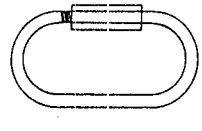
DETAIL "E"



DETAIL "G"



CABLE ROUTING DIAGRAM



DETAIL "M"

**CAUTION !!**  
MAKE SURE THAT THE HEX NUT IS COMPLETELY TIGHT AND ENGAGED WITH THE THREADS BEFORE DOING ANY EXERCISES.

| REV | DESCRIPTION       | CHG NO | APP'D DATE |
|-----|-------------------|--------|------------|
| A   | NEW RELEASE       | PR104  | 10/20/90   |
| B   | ADD LAT BAR       | 16055  | 11/17/90   |
| C   | ADD DETAIL M      | 16211  | 4/11/91    |
| D   | ADD SERIAL NUMBER | 16743  | 1/23/91    |

**ParaBody, Inc.**  
RAMSEY, MINNESOTA

TOLERANCES UNLESS OTHERWISE SPECIFIED:  
 DIMENSIONAL: FRACTIONAL: ANGULAR: 1/2°

TITLE: FINAL ASSEMBLY EX500/50LB. ADD ON KIT  
 DATE: 10-28-90  
 DRAWING NO: PBF506  
 SCALE: NONE  
 SHEET 1 OF 1